

RAKUEN TRANSLATIONS



TRANSLATOR:

/A/NONYMOUS

PROOFREADER:

/A/NONYMOUS

RAW PROVIDER:

/A/NONYMOUS

CLEANER:

PAPO41

TYPESETTER:

PAPO41

READING:
BATOTO

DOWNLOAD:

MEGA



RAKUEN TRANSLATIONS



IKEBUKUROTRANSLATIONS.
BLOGSPOT.PE

WE ARE LOOKING TRANSLATORS FOR:

RAKUEN TRANSLATIONS

DEAR SUCCUBUS SISTER



Author: Kadono Yu

RENGOKU NO KARMA



Author: Hirose Shun

IF YOU'RE INTERESTED
ON HELPING US,
WRITE US ON OUR
FACEBOOK PAGE OR
CONTACT US AT OUR
BATOTO ACCOUNT
PAPO41

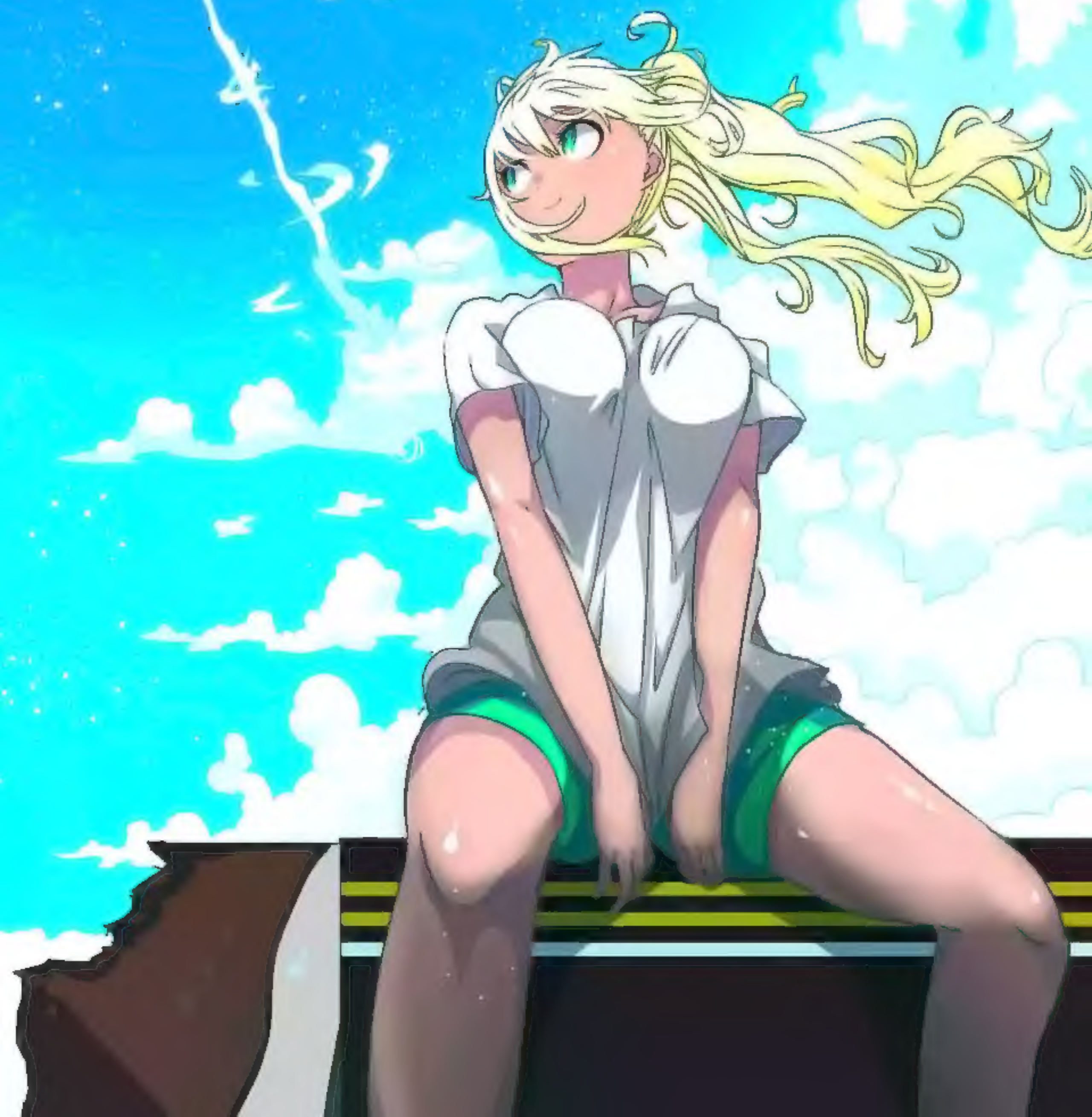


WE'RE ALSO RECRUITING TYPESETTERS,
REDRAWERS AND CLEANERS.

CHAPTER 5: PLANKS



ダンベル
何キロ持てる？





TO BE CONTINUED ... ?





A.....
**AWE-
SOOOOO-
MEEE!!!!**



WE GOTTA
RE-WATCH
THEM ALL
STARTING
WITH THE
FIRST AND
PAY CLOSE
ATTEN-
TION.

WAIT,
WAIT!
DON'T
RUSH
THE
ENDING.

WAIT A SEC,
DIDNT THE
LAST MOVIE
HAVE A
DREAM-
END!?

AND TO BE
CONTINUED?
OBVIOUSLY!!
THERE'S
DEFINITELY
MORE
COMING!!

THE CLIFFHAN-
GER, MAN,
I WAS HOLDING
MY BREATH
THE WHOLE
TIME!! THIS IS A
MASTERPIECE!!



WE MET ON
THE FIRST
DAY OF HIGH
SCHOOL IN
CLASS AND
HANG OUT
EVER SINCE.

THIS
GIRL'S
NAME IS
UEHARA
AYAKA.

WE'RE
STAYIN'
UP ALL
NIGHT!



THERE
WE
GO.

OKAY!

I ALWAYS
HANG OUT
IN THE
MOVIE
THEATER
WITH
HER...

SPEAKING
OF WHICH,
THIS IS THE
FIRST TIME
I CAME
OVER TO
AYAKA'S
HOUSE.

YOUR FAVO-
RITE...! SHE
REALLY
KNOWS
MO-
VIES!!

Favorite
movie? Have
you seen
'El
Potton'?

OUR TASTE
IN MOVIES
OVERLAPPED
A TON SO WE
BASICALLY
BECAME BEST
FRIENDS...



WE CAN DO
RELEASE-
ORDER OR
CHRONOLOGICAL,
WHICH GOES
3-→4-→2-→1.....

'KAY.....
SO WHAT
ORDER DO
WE WATCH
'EM IN?



THE PROBABILITY
OF THE SPIN-OFF'S
ENDING BEING
CONNECTED TO 3'S
BEGINNING IS TOO
UNLIKELY.
THE SCRIPTWRITER
WAS A DIFFERENT
PERSON, SO IF
WE'RE SERIOUS YOU
GOTTA LEAVE OUT
THE SPIN-OFF, TOO.

WE CAN'T
DO THAT,
IT'S NOT
CANON.
THE
SPIN-OFF
JUST DOESN'T
WORK.

IF WE'RE
GONNA TRY
CHRONOLOGICAL,
WE NEED TO
WATCH THE
SPIN-OFF
BEFORE 3.

WAIT
A
SEC.



SORRY
AYAKA,
COME
HELP OUT
A BIT.

I KINDA
TESTED
YA ON
THE SPIN-
OFF...

HMM.....
I'M RELIE-
VED YOU
KNOW THE
LORE.



OH. YOU'RE
WATCHING
THOSE
MOVIES
AGAIN.

WH,
WHAT
THE HELL
ANEKI!?



AND I WAS SO FIRED UP TO START...

...SHIT.



I'LL GIVE YOU EXTRA ALLOWANCE, SO HURRY UP.

THEN WHY DON'T YOU BRING HER ALONG TO WATCH?

BUT, MY FRIEND'S HERE NOW!?



NO. I DON'T MIND...

I GOTTA HELP MY FAMILY OUT. JUST WAIT HERE A BIT.

SORRY HIBIKI!



HN? AH, RIGHT. I GUESS I NEVER TALK ABOUT SO YOU DON'T KNOW.

WHAT WORK DOES YOUR FAMILY DO, AYAKA?

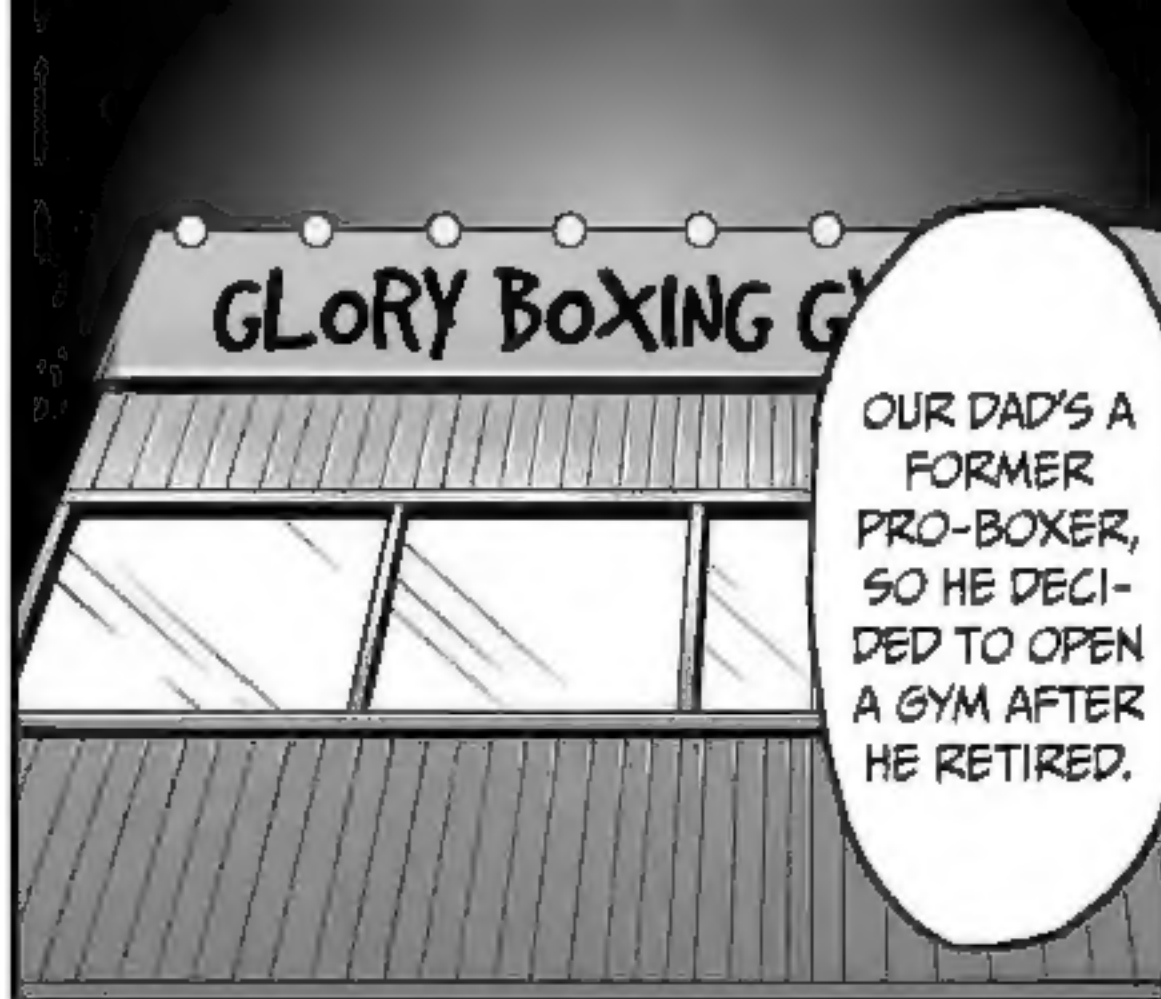
SHE JUST SAID ...?

...HUH?

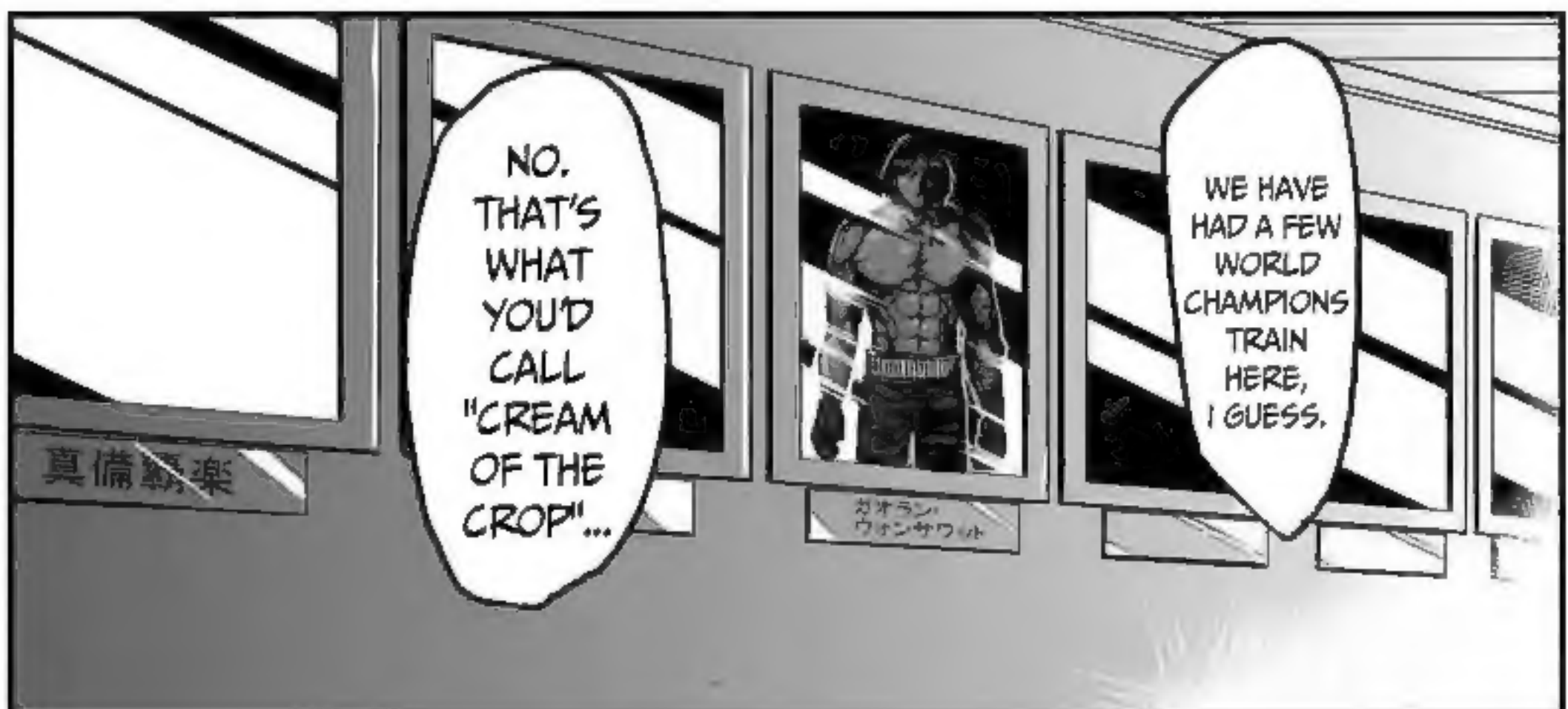


ALRIGHT. WANNA COME CHECK IT OUT? WE'RE JUST HEADING BEHIND THE HOUSE.





OUR DAD'S A FORMER PRO-BOXER, SO HE DECIDED TO OPEN A GYM AFTER HE RETIRED.







AYAKA'S DEBUT DRAGON FLAG

Grab on to a pole or something...

1) LIE DOWN ON YOUR BACK

2) SLOWLY PULL YOUR BODY UP.

Keep your shoulders on the ground.

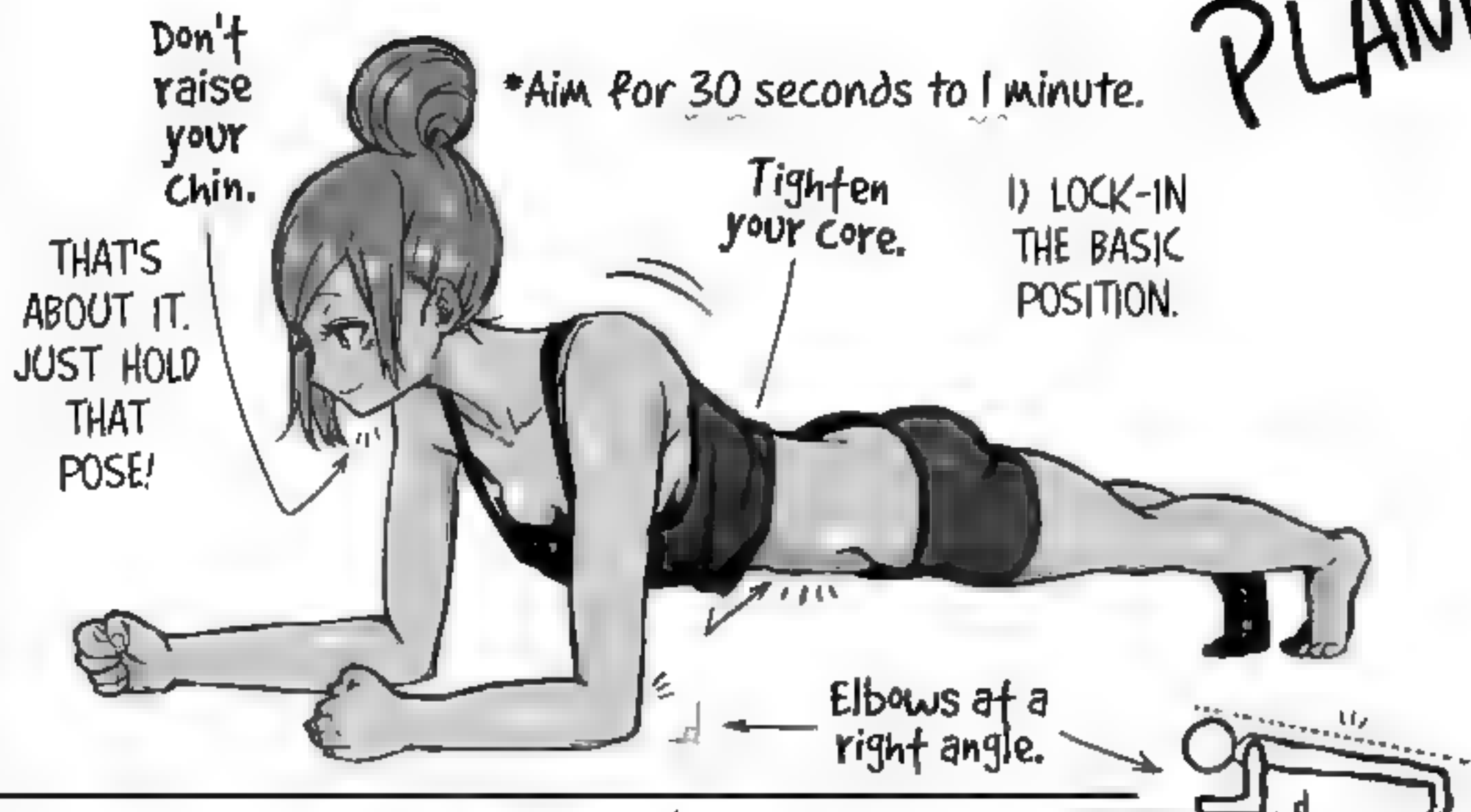
Be sure you remember to keep your back straight and your legs in-line.

3) SLOWLY RETURN TO THE STARTING POSITION.

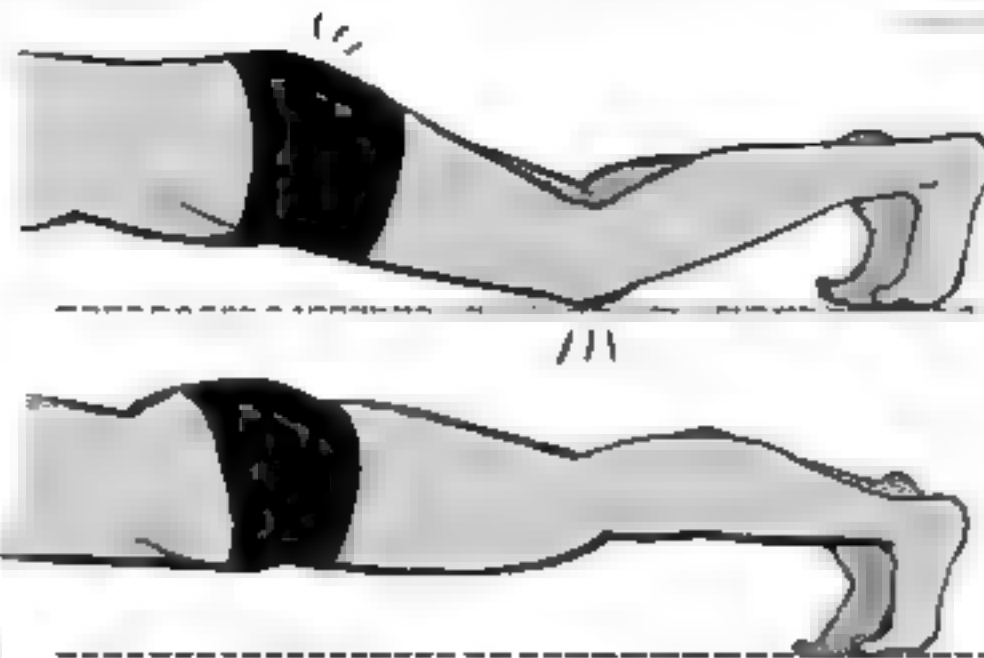
- *You don't have to keep your legs super tense, they can bend a little.
- *Don't jerk yourself up by bouncing. Use your abs to slowly raise them.
- *Before lowering, tense up your core and lock in that position. Then slowly lower them.



PLANKS



THE GOAL IS TO KEEP YOUR ENTIRE BODY IN A STRAIGHT LINE.



BE CAREFUL NOT TO ARCH YOUR BACK OR BEND YOUR LEGS!

HOWEVER, DON'T EVER RELAX YOUR CORE.



MAYBE LISTEN TO SOME MUSIC DURING THIS.



YOU COULD WATCH TV!

CONTINUE EVERY DAY, YOU MIGHT JUST GET YOUR IDEAL RESULT.



START WITH 30 SECONDS A DAY!



PLANKS
AREN'T
TOO HARD
ON YOUR
BACK.

WHAAT!?
THIS IS
WAY MORE
DIFFICULT
THAT IS
SEEMS!!!



WHY DON'T
YOU TAKE
THIS
CHANCE TO
HIT THAT
SANDBAG
OVER
THERE?

AH,
I GOT
IT!



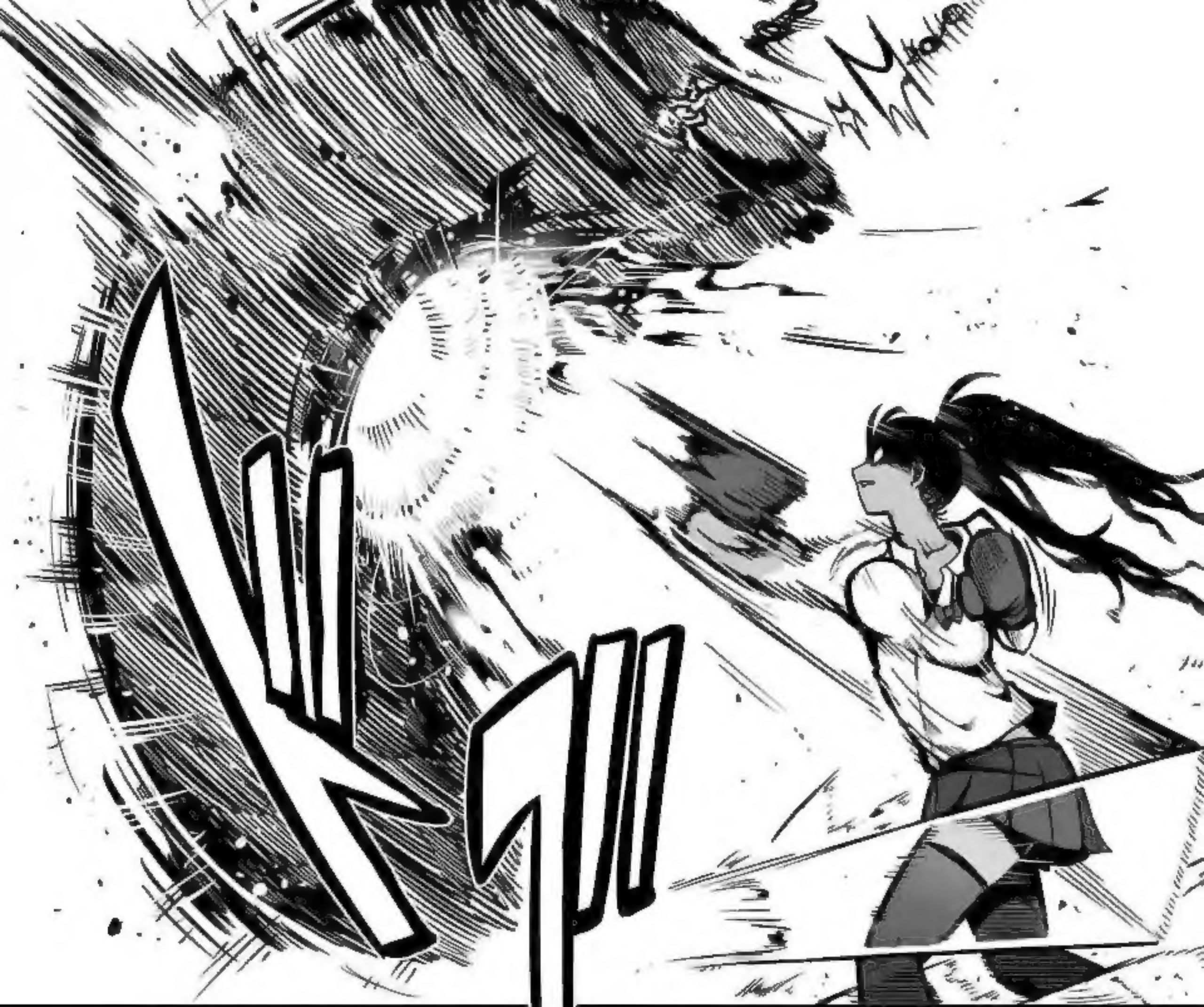
HEY HEY,
LET'S
NOT
PUSH IT.

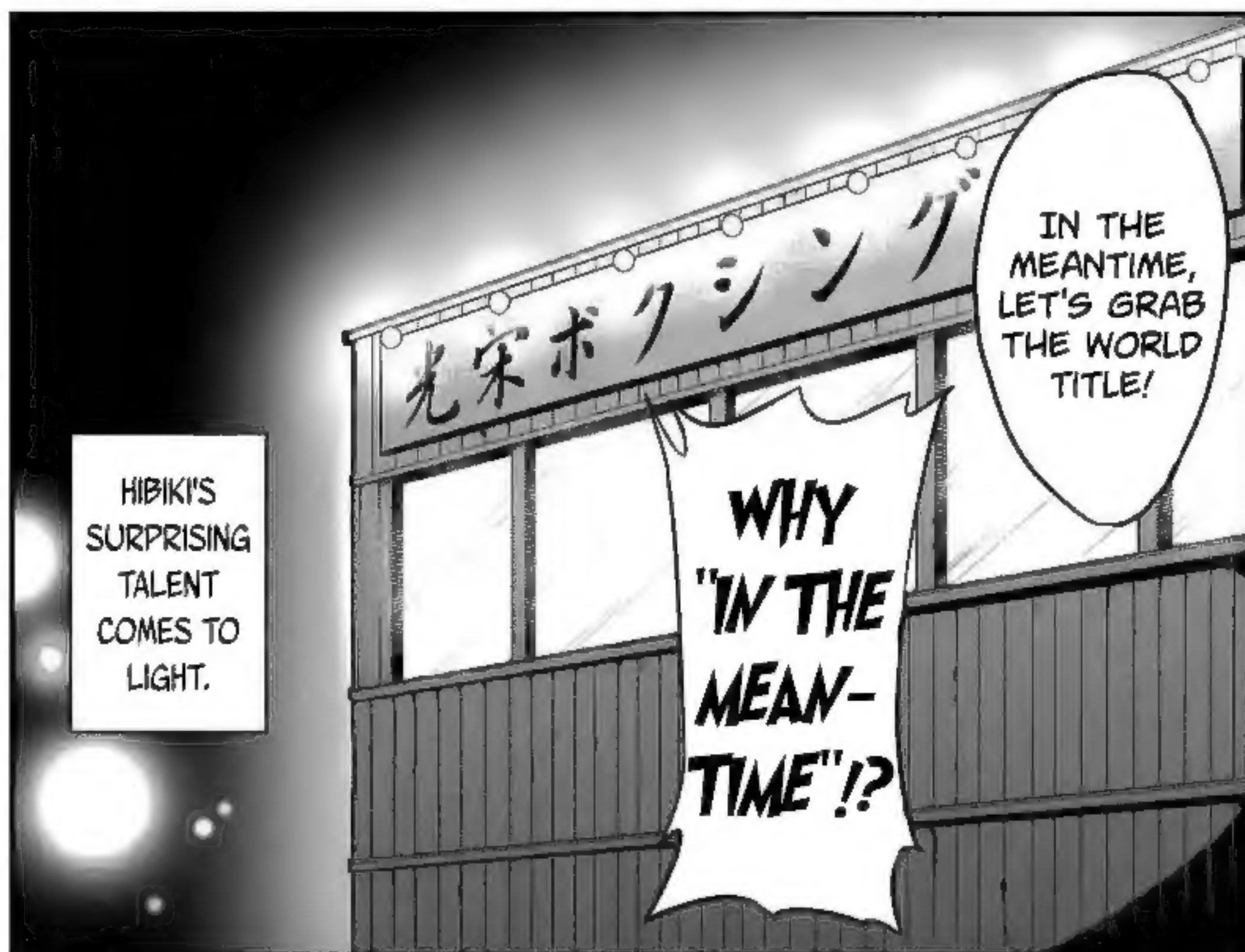
IF YOU'RE
GONNA BURN
SOME FAT
HERE,
YOU GOTTA
DO SOME
AEROBIC
EXERCISE.



JUST
A
BIT...

OKAY
THEN...





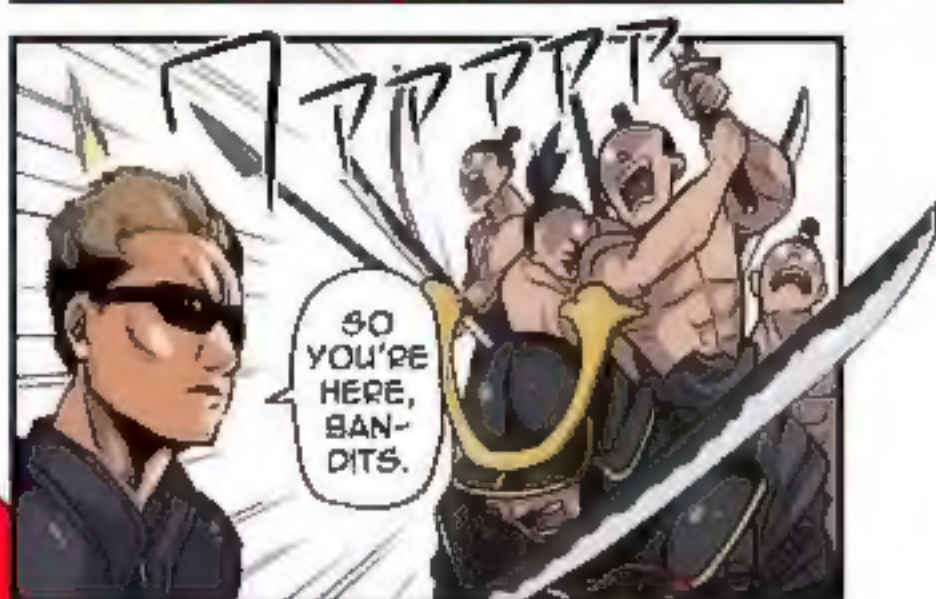


FOR PROFESSIONALS

THE SEVEN COMMANDOS 4
THE GREAT ESCAPE OF FURY

TRAILER

デドンデンドンデドン



SFX: ACTION MUSIC + FIGHT NOISES.